

PACK YOUR PICNIC BASKET

MANGO CHICKPEA POTATO SALAD

(CHICKPEAS: HIGH IN FIBER AND PROTEIN)

RECIPES BY: SHAUNNA LEINSTER, CULINARY NUTRITIONIST & PRIVATE CHEF

INGREDIENTS

- 1 CAN OF ORGANIC CHICKPEAS, DRAINED AND RINSED
- 2 LBS MINI REDSKIN POTATOES, WASHED
 - HALF OF A RED ONION, MINCED
- ½ OF A GREEN CHILI, MINCED (OPTIONAL)
- ¼ CUP OF FRESH CORIANDER, CHOPPED
 - 10 MINT LEAVES, TORN
- ½ CUP OF SUGAR-FREE MAYO
- ½ CUP OF MANGO CHUTNEY
 - ½ TSP TURMERIC
 - ½ TSP SEA SALT
 - ¼ TSP BLACK PEPPER
 - ¼ TSP OF GARAM MASALA
- ¼ CUP OF FRESH POMEGRANATE SEEDS



PREPARATION

START BY BRINGING A LARGE POT OF WATER TO BOIL.

BLANCHE THE POTATOES FOR 5 MINUTES OR UNTIL YOU CAN STICK A SHARP KNIFE THROUGH IT. TRANSFER TO A BOWL OF COLD WATER.

ONCE COOLED, CAREFULLY SLICE THE POTATOES IN HALF AND TRANSFER TO A LARGE BOWL.

ADD THE CHICKPEAS, ONIONS, CHILI IF USING, CORIANDER AND MINT.

IN A SEPARATE BOWL, WHISK TOGETHER THE MAYO, MANGO CHUTNEY, TURMERIC, SALT, PEPPER AND GARAM MASALA.

MIX IN WITH THE POTATO MIXTURE AND TOP WITH POMEGRANATE SEEDS. CHILL FOR 2 HOURS BEFORE SERVING.

*MANGO CHUTNEY CAN BE FOUND IN THE ETHNIC AISLE AT YOUR GROCERY STORE AMONG THE SOUTHEAST INDIAN ITEMS.

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